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THE AMERICAN JOURNAL OF NURSING

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EDITORIAL COMMENT

JOURNAL CONCENTRATION

With this issue of the JOURNAL, the printing and the advertising of the magazine, with all the business pertaining thereto, is transferred to Rochester. The publishing and the advertising are to be in our own hands and we are to have but *one address*, 45 South Union Street, Rochester, N. Y., for all communications sent to the JOURNAL.

The contract made four years ago with the Waverly Press of Baltimore was binding for five years, but the cost of paper and of all kinds of labor have so advanced that the publishers were carrying on our business at a loss to themselves. At its fall meeting, the Board of Directors of the JOURNAL decided, taking all conditions into consideration, to release the publishers from the contract and in doing so, they also decided, should it prove feasible, to concentrate the JOURNAL work in one place, as has never been done before, and to place all departments under the supervision of the editor-in-chief, who is the business manager as well.

The advertising is so necessary for the financial support of the JOURNAL and for its future development that we are appealing to our association members for their assistance in this branch of the work as we have had it through all these years in the editorial and subscription departments.

MISS ANTHONY'S VISION REALIZED

We are placing before our readers the portrait of Susan B. Anthony, in commemoration of the wonderful suffrage victory which has come to the women of New York State. This is the direct result of Miss Anthony's vision which it has taken sixty-five years to make a reality. Where is there another instance in the history of the world where the ideal of one woman has permeated to the ends of the earth and, even where equal suffrage has not yet been attained, has changed the legal and social status of women?

In bringing the entire work of the JOURNAL to Miss Anthony's home city, we are concentrating in Rochester the biggest professional woman's enterprise the city has ever known. Miss Anthony knew of the JOURNAL



SUSAN B. ANTHONY

in its early days and was personally interested in the struggle nurses were making for legal recognition. We wish she might have lived to give her blessing to the work.

FOOD CONSERVATION

We think almost everyone understands the reason for food conservation, but for those who have not been in a position to hear it explained, we want to emphasize several important points.

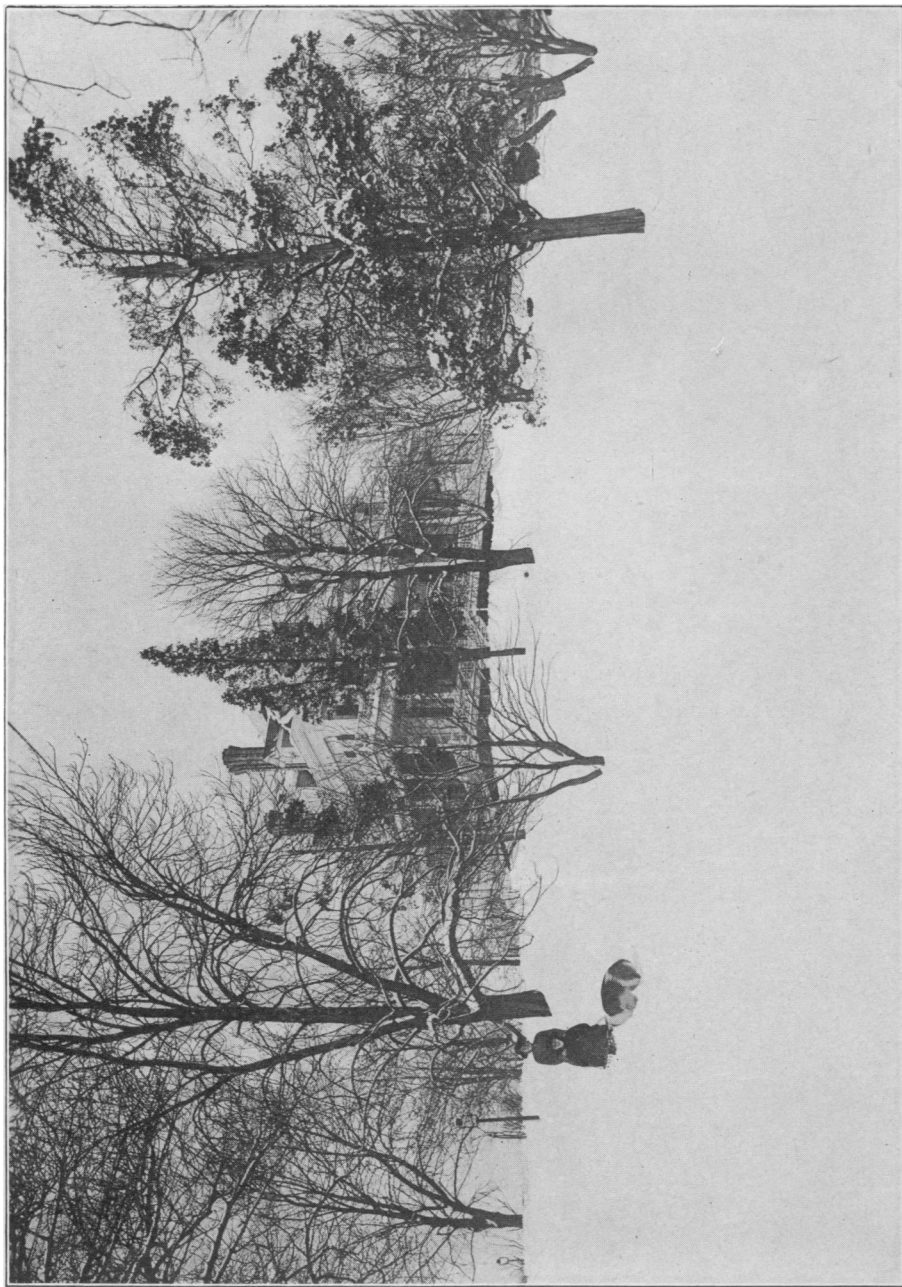
First, it is not because of the matter of cost, alone, that we are asked, for instance, to substitute corn meal for wheat flour once a day, but because there are no facilities for grinding corn in the warring countries and corn, after it is ground, cannot be transported or kept for any length of time without spoiling. The same principle applies to meat. Certain kinds of meat can be transported and are necessary for the welfare of the troops on the firing line, while other varieties do not have the same food value for fighting men. Poultry, rabbits, fish, etc., are perfectly good food for people at home, but cannot be transported in the same compact form as can beef, mutton and pork. No one claims that, taking into consideration the cost of fuel and other materials needed, these wheat and meat substitutes are cheaper than the articles they replace, but they do release those things that are so necessary for the fighting forces in Europe.

We think many of the older people who are carrying out the directions for wheat conservation are simply going back to the customs of their grandparents, all of whose bread was made in the home, and to whom corn bread in its different forms, graham or rye bread or griddle cakes were an every-day article for the morning meal of the household. We have grown out of the habit of utilizing the products of the soil, which are near at hand, because of the greater ease of preparing white flour for food and especially because of the ease with which all varieties of white bread and rolls, cake and pastry, can be procured, ready baked, even in the country villages.

The effort for food conservation is stimulating in the younger women an interest in food preparation comparable to that which they are showing in knitting, which had become almost a lost art.

Women who are in hospital positions must see to it that proper substitution is used and not merely elimination of those things which are important for conservation. Pupil nurses, like children, are constantly active and are very important members of society, moreover most of them are young women for whom the lowering of the food values of their diet would be most disastrous.

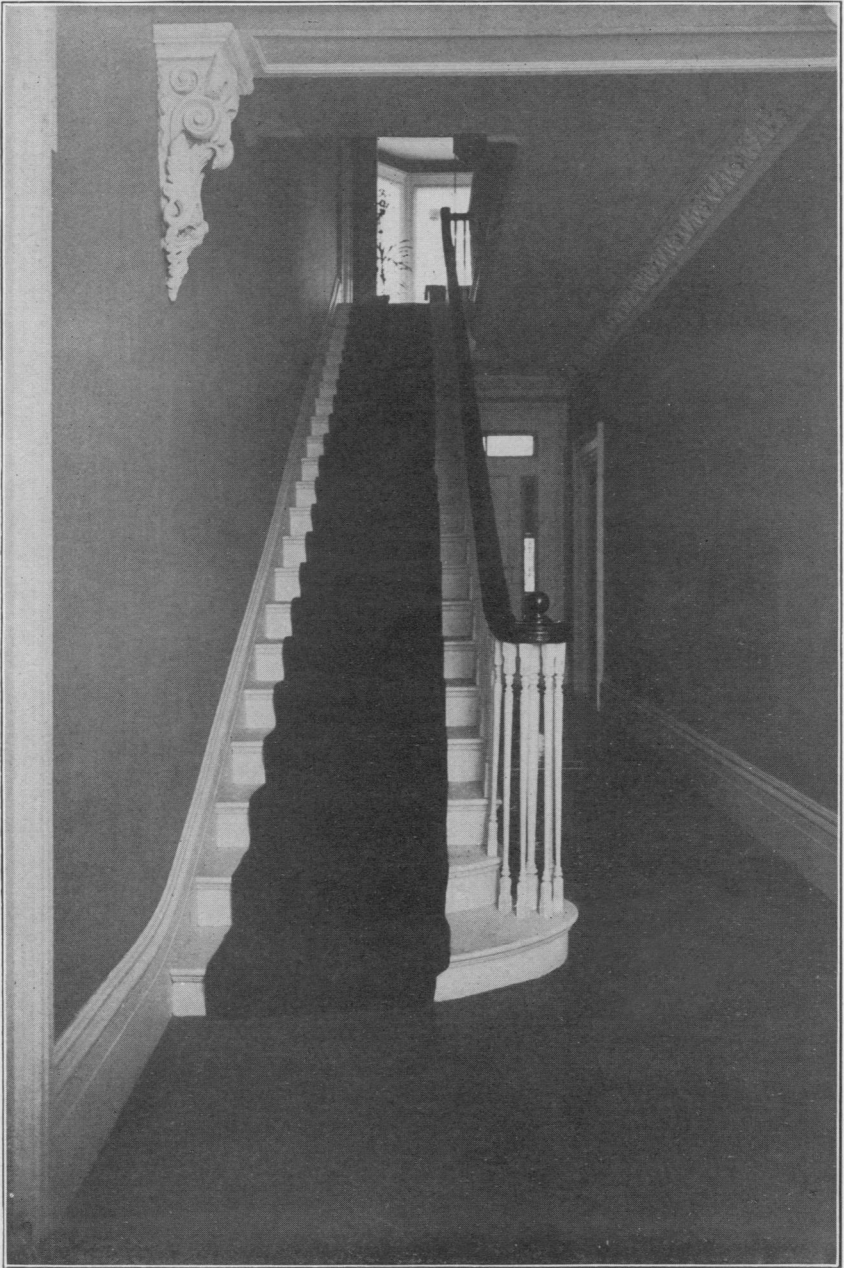
Nurses in private duty and those in the various public health activities are in a position to act as teachers, in more ways than it is possible to



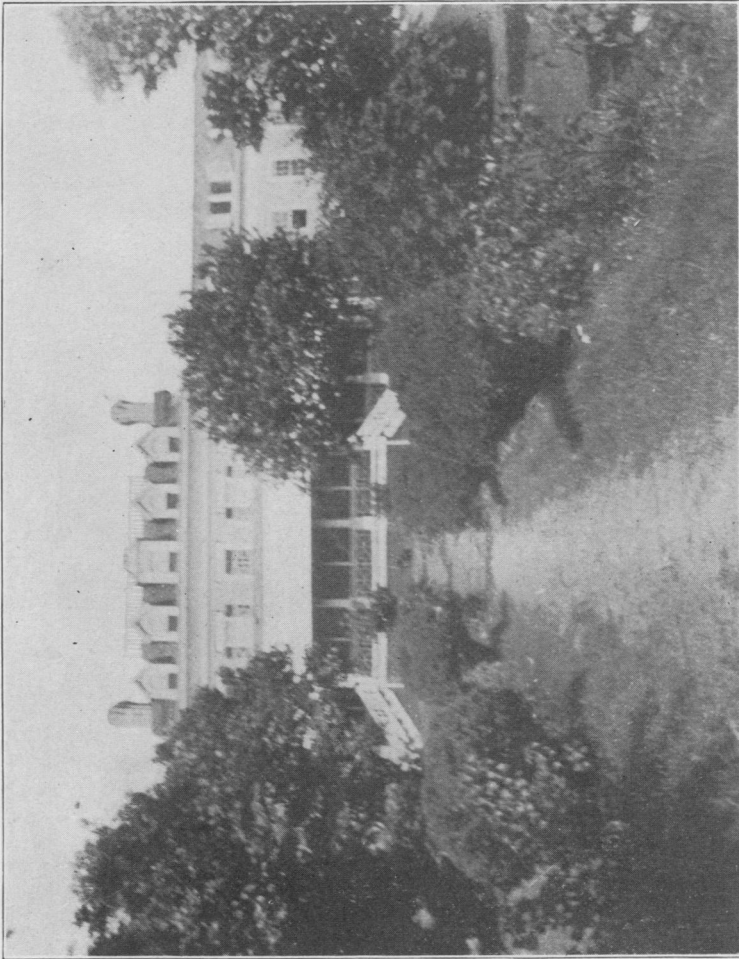
WINTER SCENE OF THE HAVEN COUNTRY CLUB
Showing Coasting Hill Where a Good Speedy Start Sends the Coaster One-Quarter of a Mile Down the Hill



DINING ROOM HAVEN COUNTRY CLUB



STAIRWAY IN THE HAVEN COUNTRY CLUB



EAST VIEW OF HAVEN COUNTRY CLUB AND THE NEW WEST WING

enumerate, and so to help forward the campaign for food conservation. They should especially emphasize the importance of not depriving growing children of milk, sugar and butter, the last being the normal form of fat for the child.

Without going to the extremes of sacrifice in the homes of either the rich or the poor, the small savings which each person is asked to make can be accomplished without detriment to health and taken together will make the magnificent whole which the Government is hoping to secure, not only for the people in the warring countries, but for our own men under arms.

THE HAVEN COUNTRY CLUB

In April, 1914, we made mention in this department of the establishment of the Haven Country Club, at Nyack-on-Hudson, just three months after the house had come into the possession of the Committee having it in charge. It is interesting to note that at the beginning of its fourth year the Club has a growing membership of over nine hundred professional women. Never before has the life of a nurse been so strenuous as at the present time and never has she so needed a place of retreat, such as this, where she may find congenial companionship with groups of women of kindred professions, under conditions of comfort that are within her means.

The original house having proved inadequate, the directors decided, in spite of war conditions, to build an annex which is just now nearing completion, as is shown in one of the accompanying illustrations. With this new wing, the capacity of the house will be doubled. JOURNAL readers who are within reach of the Club are invited to become members, to test its hospitality, and to enjoy the wonderful walks and drives of this picturesque part of the Hudson. It is to be remembered that other professional women as well as nurses are given an opportunity to join the Club and those specially interested are invited to become bond holders. One attractive and unusual feature is that members may take guests with them or, if unable to accompany them, may send them to enjoy its hospitality. Professional women who are sufficiently interested to investigate its workings, are invited for one visit, though not members. The house is open all the year round and the place is fully as attractive in its winter garb as during the summer season.

NATIONAL DEFENSE COMMITTEE SUPPORTS NURSING STANDARDS

Officers of state associations and of examining boards, chairmen of state committees on nursing, and others, are having sent to them a copy of Circular No. 65 of the Council of National Defense, the original of which was issued by the Woman's Committee and was sent to the chairmen of the Women's Committees of the states. Many of our workers whose time

is limited may not read this circular carefully and others, who have not kept closely in touch with the work of the Council of National Defense from the beginning, may not understand its importance to the nursing profession.

Briefly stated, the object of this circular is to put a check on the effort to establish short courses of training to meet the demand for nurses during the war, and to bring pressure upon the eligible young women of the country to enter the regular schools of nursing, meeting state requirements, and to complete the full nursing course, so that they may fill the places of nurses who are at the front or who may become incapacitated for active service when the war is over.

We do not need to state what is known to our women everywhere, that the greatest menace the war is bringing to our nursing standards is the movement started in almost every state by ill-advised people to establish nursing courses of a few months' duration. The council of National Defense, through both its men's and women's committees, has declared itself against this movement. Superintendents of nursing schools who need support in combating such efforts may obtain copies of this circular from Annie W. Goodrich, Teachers College, New York.

How strange it is that in a time like this, communities that are accustomed to providing the best medical and nursing skill and the most comfortable accommodations for the lowest classes of their slum citizens, should feel that anything but the best is good enough for their own sons and daughters who are risking their lives for the defense of the democracy of the world.

APPOINTMENTS FOR THE INTERSTATE SECRETARY

The interstate secretary, Adda Eldredge of Illinois, has now started on her journeying over the country, her first appearance after her appointment being at the New York State meeting, which she attended unofficially, but where, upon invitation, she gave a short, spicy resume of her plans. Her appeal for the JOURNAL, among other things, was so effective that it brought forth an unusual number of subscriptions.

Miss Eldredge's first official visit was to the New Jersey state meeting, on November 7th, followed by a tour of that state. Her itinerary for the whole country is not complete, but at the present time she is covering the New England States.

The most effective way for the interstate secretary's work to be done, as we have said before, is for meetings to be called for special groups of nurses of any given city or section, either of graduates or pupils. We want to remind the nurses of the country again that plans for her visits cannot be arranged at short notice by night letter or long-distance telephone,

but must be decided upon long enough in advance to give time for a proper adjustment of her schedule. For instance, if she is engaged to speak in A. on one day, and in C. on the next, she cannot, in response to a telegram, sandwich in a stop at B. *en route*. By not being forehanded, the nurses of B. may lose their opportunity to hear her. She should not change her plans or dates on short notice to meet the wishes of any one special group of people.

JOURNAL SUBSCRIPTIONS AND MEMBERSHIP DUES

A short time ago, word reached us that the Alabama State Association had decided to include the JOURNAL subscription in its dues. A number of alumnae associations in different parts of the country have followed this practice for some time. Alabama, however, has the honor of being the first state to follow the suggestion made by the directors of the American Nurses' Association that this should be done. As we go to press, a brief statement is received that the Illinois State Association has taken the same action. We hope this is the beginning of a country-wide movement which will not cease until the AMERICAN JOURNAL OF NURSING is in the hands of every member of the American Nurses' Association, just as the Journal of the American Medical Association is in the hands of every member of the American Medical Association.

A TRANSFORMED CHRISTMAS

Most of us have grown up with a feeling that Christmas is a time for home festivities and for the interchange of gifts with specially near and dear friends. This Christmas finds us, as a nation, joined with half the civilized world in a struggle for freedom and democracy, hence the Christmas spirit is being expressed in a new form, that of providing not only necessities, but comforts, and even luxuries, for our own Red Cross nurses, as well as for our soldiers, on the firing line or in the camps in this country. With the present cost of living, this form of giving appeals to us, for by uniting in groups with others, or by contributing through the Red Cross or some other channel, we can help to swell the amount sent, when, perhaps, our individual gifts, would seem meager. In reading Miss Noyes' suggestions for gifts to nurses, in the Red Cross Department for November, and in pondering on the suggestions made by Miss Fitzgerald and a Red Cross letter writer in this issue, we can judge pretty fairly the kind of things that would be acceptable, but we must not become so absorbed in our efforts to lighten the burdens of those engaged in actual warfare as to forget the little children who have always been our care at the Christmas season.